

## Menu Ideas & Recipes

Bolded recipes are provided in this handout. Recipes notated by an asterisk (\*) are on the National Food Service Management Institute, USDA Recipes for Child Care, <http://www.nfsmi.org> (click 'Resource Center' at top of screen; at left, under 'Resources' click 'USDA Recipes'; click 'USDA Recipes for Child Care' – alphabetical order)

### Breakfast - All breakfasts are served with milk

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday  |
|---|--|--|--|---|
| Cinnamon Roll<br>Peaches  | <b>Oatmeal Muffin</b><br>Pineapple                       | Cut Biscuits*<br>Orange Slices   | Whole Wheat English<br>muffin with peanut butter<br>Banana | Homemade French Toast<br>Syrup<br>Pears           |
| Bagel with Cream Cheese<br>Melon  | <b>Baked Whole Wheat Doughnuts*</b><br>Strawberry slices | Blueberry Pancakes<br>Syrup<br>Banana Slices                                       | Cream of Wheat ®<br>Mandarin oranges                       | Pineapple Scones*<br>Granny Smith apple<br>wedges |
| Breakfast Burrito (tortilla,<br>scrambled eggs, salsa)<br>Orange wedges | Oatmeal<br>Nectarines                                    | Whole Grain Cereal<br>Banana Slices  | Low-fat yogurt with fruit<br><b>Homemade Granola</b>       | Whole Wheat Toast<br><b>Fruit Salad</b>           |
| Corn Muffins*<br>Raspberries  | <b>Breakfast Pizza</b><br>Grape halves                   | Breakfast Quesadilla<br>(whole grain tortilla,<br>cheese, sausages)<br>Blueberries | Cinnamon/Raisin Toast<br>Plum slices                       | Whole Wheat Muffin<br>Squares*<br>Nectarines      |

\*Recipe at <http://www.nfsmi.org> = Recipes provide meal component information to assist you with preparing a full reimbursable meal. *Example: 1 serving provides 1 ½ oz meat, ¼ cup vegetable and the equivalent of ½ slice bread.*

## Lunch/Supper - All lunches/suppers are served with milk

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|--|--|--|--|--|
| Tortilla Rollup*<br>(tortilla, cheese, salsa, turkey)<br>Applesauce<br>Green Beans | Slow Cooked Roast<br>Mashed Potatoes*<br>Cooked carrots<br>Whole wheat bun       | Vegetable Chili*<br>Saltine Crackers<br>Mandarin Oranges   | Stir-fry Chicken*<br>Pineapple<br>Brown Rice                         | Baked Ham<br>Whole grain roll<br>Zucchini<br>Sweet potatoes                |
| Tuna Salad Sandwich<br>with cheese slice<br>Apple Slices<br>Peas                   | Broccoli Cheese Soup*<br>Whole-wheat pita bread<br>with bean dip*<br>Pear slices | Chicken or Turkey<br>Salad* on<br>Whole wheat bread<br>Three Bean Salad*<br>Baked acorn squash with<br>cinnamon* | BBQ Beef or Pork on a<br>roll*<br>Sesame Broccoli*<br>Cantaloupe     | <b>Homemade macaroni<br/>and cheese*</b><br>Asparagus<br>Black Beans       |
| Egg Salad Sandwich*<br>Grapes<br>Carrots   | Beef and Rice Casserole*<br>Banana slices<br>Cauliflower                         | Vegetable Frittata*<br>Watermelon<br>Brown Rice  | Meatball Subs*<br>Pears<br>Baked Sweet Potato                        | Beef-Vegetable Stew*<br>Pear slices<br>Whole Grain Crackers                |
| Grilled Cheese Sandwich<br>Tomato Soup<br>Cucumber slices                          | Split Pea Soup*<br>Banana slices<br>Carrots<br>Drop Biscuits*                    | Oven Baked Parmesan<br>Chicken*<br>Whole wheat spaghetti<br>Marinara sauce<br>Steam cauliflower                  | Roasted chicken<br>Corn Chowder*<br>Green beans<br>Whole wheat bread | <b>Fish Nuggets*</b><br>Mashed Potatoes*<br>Cole Slaw*<br>Whole Wheat Roll |

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## Snack

| Monday  | Tuesday  | Wednesday                                    | Thursday  | Friday                                 |
|---|--|--|---|--|
| Cottage Cheese<br>Strawberries<br>Water                     | Hard cooked egg<br>Apple slices<br>Water                             | String Cheese<br>Graham Cracker<br>Water     | Carrot and celery sticks<br>Whole-grain English muffin<br>Water | Spanish Quiche*<br>Milk                |
| Tortilla Chips<br><b>Homemade Cheese Sauce*</b><br>Water    | Baked potato half with Cheese Sauce*, diced ham and broccoli<br>Milk | Macaroni Salad*<br>Peaches<br>Water          | Warm Bread Sticks<br>Marinara Sauce<br>Water                    | <b>Breakfast Pizza</b><br>Milk         |
| Banana Bread Squares*<br>Milk                               | Tortilla Wrap (tortilla, cheese)<br>Water                            | Watermelon Balls<br>Graham Crackers<br>Water | Cheddar cheese cubes<br>Wheat crackers<br>Water                 | Apple slices<br>Peanut butter<br>Water |
| Low-fat vanilla yogurt<br>Blueberries/Strawberries<br>Water | Deviled eggs*<br>Grapes<br>Water                                     | Bean dip* with pita chips<br>Milk            | Green and Red Pepper strips<br>Whole wheat crackers<br>Water    | Pasta Toss with Vegetables*<br>Milk    |

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